Pepperoni Pizza

Pepperoni pizza is the simplest base pizza that starts the journey into more complex pizza meals. A decent frozen gluten free pepperoni pizza can be bought and improved. A pan sized pizza is the perfect testing grounds for new ingredient combinations. Pepperoni is a combination of beef, pork, and spices. Some spice sensitive people cannot eat it at all. While others can only eat specific bands, or perhaps only turkey pepperoni. Turkey pepperoni is firmer, darker, and more solid than beef and pork pepperoni. It also has less of a spicy aftertaste. Any pepperoni leftovers can be used another time.

Pre Cook Preparation:

A. Timer set to thaw meat for about 2 hours
B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
C. Stay with meal

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Frozen or canned vegetables can be used
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Beef
Cheese (lactose)
Flour (gluten)
Mushrooms
Onions
Pepper
Pepperoni
Pizza sauce (tomatoes)
Pork
Spices
Turkey

Meatless Preparation Avoid:

Beef
Cheese
Pepperoni
Pork

Turkey
Substitute with: _____

Utensils:
- Cutting board
- Knife
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan:
  - To cook meat: oven safe pan, or frying pan
  - To bake pizza: a large pizza pan

Ingredients:

Meat:
- 3 ounces of sliced pepperoni (beef and pork, or turkey)

Vegetables:
- Optional:
  - 3 ounces of mushrooms
  - 1/4 cup diced onions

Other ingredients:
- 4 ounces of shredded cheese (gluten and lactose free)
- 1 large pizza crust (gluten free)
- 3.5 ounces of pizza sauce (1/4 of a 14 ounce jar)

Preparation time: 20 minutes

Preparation:
1. Place the frozen pizza crust on the pizza pan.
2. Spoon and spread 3.5 ounces of pizza sauce (1/4 of a 14 ounce jar) on the crust.
3. Sprinkle 2 ounces of shredded cheese on the crust. About 1/4 of a bag.
4. Place 3 ounces of pepperoni around the crust in nice geometric circles.
5. Sprinkle optional ingredients, such as 3 ounces of mushrooms and 1/4 cup of diced onions.
6. Sprinkle remaining 2 ounces of cheese on top.
7. Place pan in oven and set timer.

Cook Temperature: 425 degrees

Cook Time: About 18 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 1 to 2 days ** Per What's Cooking America Storage Chart link in Resources

Freezer safe: 2 to 3 months ** Per What's Cooking America Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Not recommended

Oven Directions: Time and temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.